HINTS TO MOTHERS

ON THE TREATMENT OF THEIR CHILDREN

From Teething to Teens

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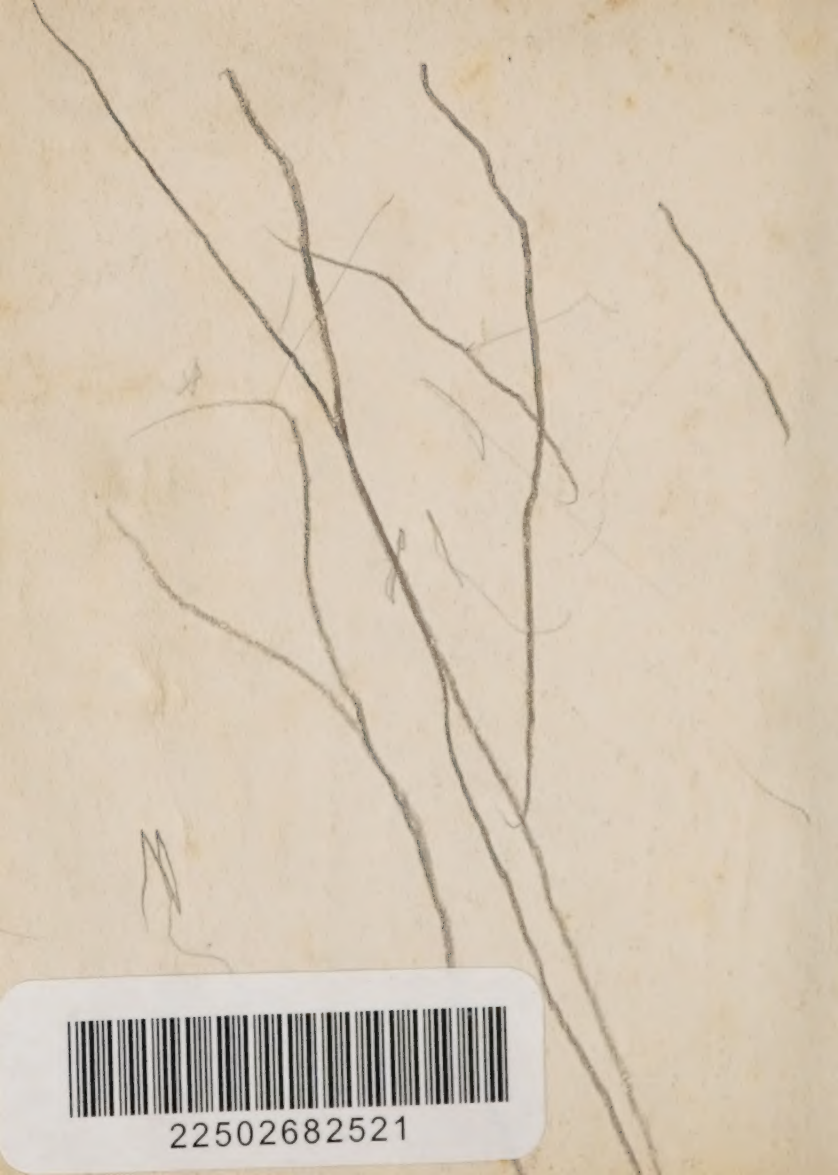
SEVENTH EDITION

Timothy White & Co Ltd

The Reliable Cash Chemists



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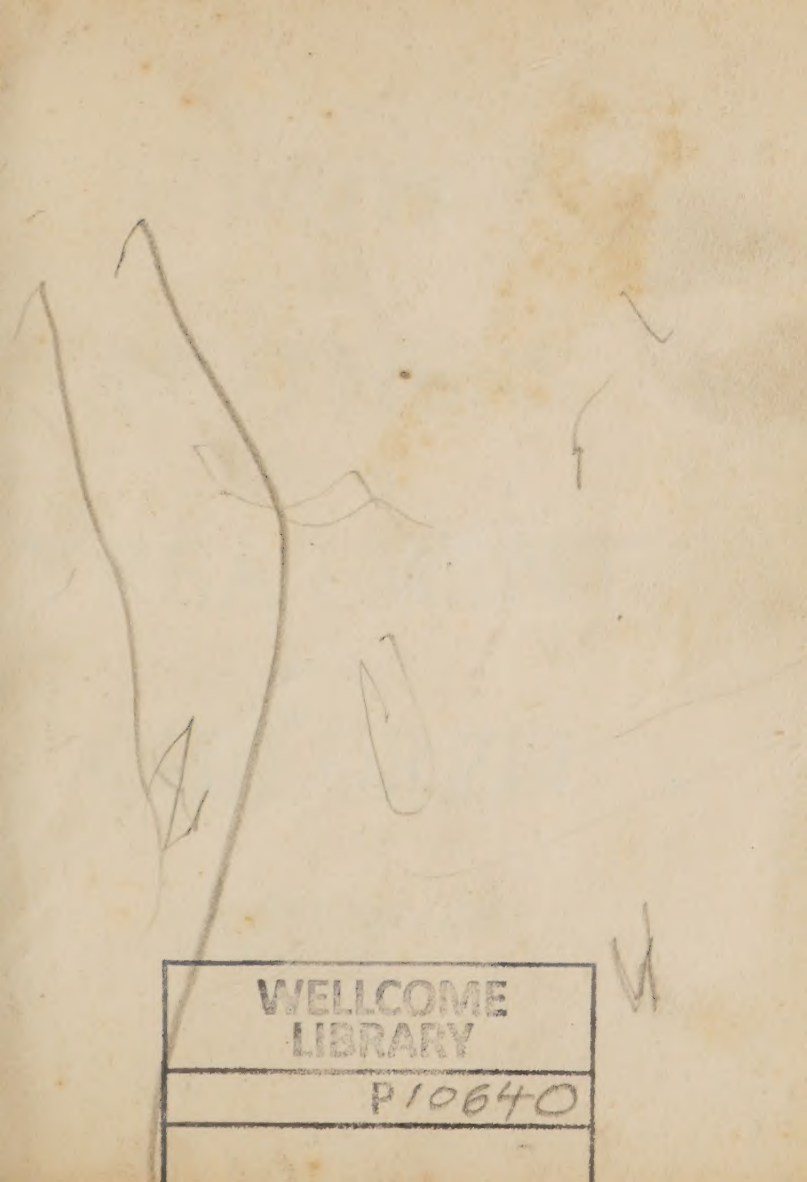
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IMPORTANT NOTICE

Steedman's Soothing Powders have been in use over 100 years.

PREFACE.

IN compiling this little work, the writer has endeavoured to give, in the most simple form possible, a few hints as to the best course to be pursued in those cases of illness and accident to which children are most liable.

Whenever serious symptoms occur, a medical man should at once be called in. Children's ailments develop so quickly that no time should be lost.

A few simple instructions are here given as to the proper course of action pending the doctor's arrival.

THE NURSERY

AND

GENERAL INSTRUCTIONS ON THE CARE OF CHILDREN.

"Nor love, nor honour, wealth, nor power
Can give the heart a cheerful hour
When health is lost. Be timely wise;
With health all taste of pleasure flies."—
GAY.

The greatest of all gifts that the Almighty can bestow upon you is your baby. It is your duty to sacrifice yourself—to give your whole thought to the well-being of the charge that is entrusted to you.

First and foremost—it should always be borne in mind that cleanliness is the greatest preventative of illness; cleanliness of the body and of the house.

Remember also that fresh air and exercise are absolutely essential to the health of your child.

Make your child obedient in all things. A disobedient child can never be trusted, and so necessitates extra supervision. Always be careful that your children are properly clothed. Flannel is, in most cases, preferable to any other material for underclothing.

Strict attention should be paid to the ventilation of all rooms used by children; a high fire-guard should be placed before the fire-place.

The nursery should be covered with oilcloth, which can be easily cleaned. This is far preferable to carpets and rugs, which harbour dirt.

Always have the name and address of your doctor fixed on the nursery wall; in case of illness, send for him at once.

ABSCESSES.

These often occur through general bad health and lowness in tone. The child should, therefore, be fed up, and a change of air is almost certain to be beneficial.

The best treatment for an abscess is to foment with hot water, camomile flowers, and poppy heads. When the abscess has broken, keep the wound clean by occasional washing, and cover with linen damped with a lotion of boracic acid.

BEEF-TEA.

A simple method of making an excellent beef-tea is as follows: Place half-a-pound of gravy beef, which has been passed through a mincing machine, and from which all fat has been removed, into a jar, with half-a-pint of *cold* water and an eggspoonful of salt. Place the jar in a *cool* oven for three to four hours, stirring occasionally; strain carefully. If preferred, the jar can be placed in a saucepan of boiling water, which should be kept simmering for from three to four hours.

BOILS, &c.

Hot fomentations and Burgundy pitch plaster should be applied to the boils until they break. Then keep the sore clean by washing with boracic acid lotion, and do not attempt to check the discharge of matter.

If the child is delicate, feed him up, give him meat once a day, plenty of milk and farinaceous food, and cod liver oil or any one of the many excellent emulsions that are now on the market.

If the boils arise from gross and improper feeding, or if the child be fat, keep him from meat, giving him only milk and farinaceous food, and do not administer cod liver oil or the emulsion.

As boils are generally caused by impurity of the blood, the patient should be given a Steedman's Powder (on two or three nights in succession, if necessary). This will regulate the bowels and carry off the impurities.

BROKEN LIMBS.

If the child has his leg or arm broken, do not attempt to undress him.

Send for the doctor at once, and until his arrival, let the child lie on his back, either on a hard mattress or on the floor, and cover him over with a couple of blankets.

If it is absolutely necessary that he should be moved, let one person carry him, and another take charge of the broken limb, holding it in such a manner that it is not in the least jarred.

Remember that the medical man is the only person who can be of any real service in such cases.

Do not attempt to manipulate or bandage the broken limb in any way yourself.

BRONCHITIS.

Bronchitis is one of the most common diseases of children. When the malady is approaching, the child suffers with a heavy cold and is very fretful. The cold becomes more confirmed; he has a loud,

hard, dry cough, while his breathing is hurried, oppressed and wheezy, and the malady is worse during the night.

Keep the child in one room, which should be well warmed—over 65° F.; and if it is a severe case, keep him in bed and have a bronchitis kettle always boiling, so as to moisten the atmosphere. The bowels should be opened by a mild aperient.

A teaspoonful of ipecacuanha wine, mixed with a little sugar and water, should be administered every four hours. Give the child a warm bath at night, and, in a stubborn case, put a linseed and mustard poultice (one part of mustard to five of linseed) on his chest.

Feed him on farinaceous food during the attack, and as soon as he is better, with chicken or mutton broth. Meats and stimulants should be strictly avoided.

Do not physic the child with paregorics, which are apt to stop the cough without curing the disease. The cough being the best means of relieving the chest of the phlegm, should not be prevented.

BRUISES.

As soon as possible after receiving the injury, generally caused by a blow, knock, or fall, apply cold water, ice, or even cold metal to the parts affected, as cold prevents the formation of a bruise by stopping the bleeding taking place beneath the skin.

There is also an excellent remedy for bruises in fresh butter.

Apply it *immediately* after the accident, and continue to renew it every few minutes for a couple of hours or more. The ugly appearance caused by a "black eye" can often be prevented by the application of fresh butter.

Salad oil, too, can be recommended for bruises; as also tincture of arnica, one teaspoonful to a tumblerful of water, to be applied with a soft rag.

BURNS AND SCALDS.

In the event of a child's dress catching fire, roll him on the floor in a rug, mat, counterpane, or any article of dress, so

long as it is of a thick, heavy material. Great care should be taken when undressing the child not to break the skin. In fact, the best plan is to cut the clothes off, cover the parts affected thickly with flour, which should be kept in its place by layers of cotton wool. The bandage should not be removed for several days.

Another excellent remedy is to spread prepared lard on old linen, and wrap round the wound. Carron oil, *which is made by mixing equal parts of linseed oil and lime water*, can also be highly recommended. As, indeed, can olive oil or vaseline.

Be very careful to keep dirt and all impurities from the sores, which should be washed when necessary with a solution of carbonate of soda and warm water. They can also be dressed with zinc ointment.

Of course, in all cases of serious burns, the wound should be dressed by a surgeon.

CHAPPED HANDS, &c.

Chapped hands and legs are often brought on by the use of hard water. When possible, *rain water* should be used for washing purposes. After washing, but before wiping, rub a few drops of glycerine, combined with Eau de Cologne or boracic acid, well into the hands, then dry very carefully. Guard against exposure to cold.

To cure chapped hands, take a teacupful of bran and tie it up in a muslin bag, and place the bag in the water jug the night before the water will be required. Let the child be washed every morning with this bran water. Add water to the jug as soon as any is taken out, and change the bran every other night. Remember to dry and powder well after washing.

CHICKEN BROTH.

Cut half a chicken in small pieces, and place in a saucepan with a quart of *cold* water and a little salt, and simmer for

about three hours; then strain. If liked, barley or rice may be added.

CHICKEN POX.

On the approach of chicken pox the child is poorly. The eruption shows itself in about 24 hours, and consists of numerous small pimples on the scalp, neck, back, chest, and shoulders, but rarely on the face. On the third day the pimples arrive at maturity, and then begin to die away—others at the same time making their appearance. Chicken pox rarely leaves pit-marks behind, as in the case of small pox. But boracic acid ointment can be applied to the spots with advantage. Chicken pox cannot by any means be considered a dangerous complaint. It lasts but a few days. For the first three or four days the patient should be kept to the house, and be fed on milk and farinaceous food, meat not being given to him.

On the sixth day, but not till then, administer a mild aperient; Steedman's Powders will be found all that is requisite for this purpose.

Chicken pox is an infectious disease.

As the disease is apt to leave weakness behind it, the child should be fed up and given a tonic, while a change of air, if possible, is very beneficial.

CHILBLAINS.

With chilblains, as with chapped hands, prevention is much easier than cure. As chilblains are caused by defective circulation, all people liable to them should wear warm gloves and woollen cuffs. It is particularly necessary to keep the wrists warm. Woollen stockings should also be worn, and easy-fitting boots. The child should have plenty of exercise, and not be allowed to warm its hands and feet by a fire.

The feet and hands should be well rubbed at night and morning with a solution of alum and water; and to ease the irritation, put the feet in warm water with a little mustard in it.

If a swelling appears, relief will be afforded by rubbing in a little hazeline.

If the chilblain bursts, anoint with carbolic acid ointment or Peruvian balsam, and bandage the wound.

CHILD CROWING.

Child crowing is a most dangerous disease; and unless immediate medical aid is called in, many cases terminate fatally.

Unlike croup, which it somewhat resembles, there are no symptoms beforehand to give warning.

There is neither a cold nor a dry cough, or anything to indicate the approach of the malady.

The child suddenly loses and struggles for his breath, at the same time making a noise like crowing, the face becoming livid. These fits come on periodically.

Immediately the child is attacked with a paroxysm, pull the tongue forward so as to open the windpipe. Dash cold water upon his head and face, and place him in a hot bath of water, salt and mustard, still dashing the cold water on his head.

If he does not regain his breath quickly, sharply smack his back and buttocks, or give him a vigorous shaking.

As the attacks are liable to recur through excitement, the patient should be kept very quiet.

This terrible disease occurs only during teething, so great attention should be paid to the gums, which ought from time to time to be well lanced.

Change of air to a high, dry neighbourhood is the most efficacious cure—even if it be winter time, and the child should be kept out of doors and given as much fresh air as possible. Great attention should be paid to his diet.

CHOKING.

If the child choke himself while eating, put your finger into his throat and force the substance down—so liberating the breathing.

If he should have swallowed a hard substance, tickle his throat with your finger, so as to induce vomiting.

If this has not the desired effect, hold

the child up by the heels, and shake him; at the same time administer a few smart slaps to the back and shoulders.

N.B.—Be most careful that tacks, pins, and such like small articles are not left within the reach of young children.

COLD (CATARRH).

Children are very susceptible to "colds," which should always be treated immediately, as a neglected cold may often lead to more or less serious consequences. The child should be kept indoors, and in one room if necessary. And in the event of the cold being accompanied with fever, the little patient should be put to bed. Feed him with beef-tea and farinaceous foods and milk. Should the temperature reach 100° a doctor should be sent for.

CONCUSSION.

Should a child have concussion of the brain, caused by a fall or a blow, his eyes will be shut, his face very pale, and his breathing slow. Put him to bed and keep

him warm, and, of course, immediately send for a doctor. Vomiting often follows shortly after the blow, and gives immediate relief. A warm drink, milk or tea, should be administered to the little patient.

CONSTIPATION.

If a child be subject to costiveness, he should be given plenty of exercise and fresh air, and attention should be paid to his diet. These are undoubtedly the best remedies.

A constant use of aperients is to be most decidedly avoided, as, after a little while, they lose their effect, and constipation becomes chronic.

Steedman's Powders, taken occasionally, can be highly recommended, as their action is mild and soothing, without any evil after-effect.

CONVULSIONS.

Convulsions, to which children are specially liable during the period of teething, are exceedingly dangerous,

and no time should be lost in sending for a medical man.

Pending his arrival, place the child in a hot bath (temperature about 98°F.) for a quarter of an hour, or until the fit is over. And, at the same time, apply cold wet cloths to his head.

He should then be well dried and wrapped in a warm blanket. If the gums are inflamed, they require lancing.

As soon as the child is sufficiently recovered, give him an aperient; a teaspoonful of castor oil will be found efficacious.

Convulsions may usually be avoided by paying great attention to the general health of the child. Especial care should be taken to keep the bowels regular. This, more than anything else, prevents feverishness of the system and inflammation of the gums, which symptoms usually precede convulsions.

To attain this regularity of the bowels we strongly recommend Steedman's Powders, which act as a gentle aperient, without causing great disturbance of the system.

A packet of these powders should always form part of the domestic medicine chest.

CRAMP.

The part affected should be well rubbed with a little camphor liniment until relief is obtained. Cramp in children is often caused by irritation of the stomach, so particular care should be paid to the diet.

CROUP.

Croup is one of the most dangerous maladies to which young children are subject. And, as soon as it becomes evident, medical aid should be summoned.

It attacks the child mostly when he is in his second year; the danger of an attack lessening every year until he has attained the age of five.

The symptoms of croup are, to commence with, a slight cold and dry cough. The child is fretful and feverish, and hoarse when he cries. Then the breathing gradually grows heavier, and the cough becomes what is called *crowing*.

As soon as the disease is apparent, administer ipecacuanha wine, in doses of one teaspoonful every five minutes, until the child vomits freely. At the same time, hold to the throat a sponge wrung out of hot water, which should be renewed frequently.

If the case is a severe one, and does not yield to the emetic in a couple of hours, apply a linseed poultice to the throat, renewing every three hours.

After the child has vomited freely, place him in a warm bath for about ten minutes, taking the greatest care that he is not exposed to the cold air afterwards.

Keep him on a low diet of farinaceous food, in a well-ventilated room, in which the air is kept moist with the steam from a bronchitis kettle.

CUTS.

Well wash all cuts and wounds in a pint of warm water (in which a good teaspoonful of boracic acid, if obtainable, has been previously dissolved). A clean

rag moistened with this boracic lotion is the best dressing that can be applied.

In case of profuse bleeding, send for a medical man, and bathe the wound with cold water.

NOTE.—*Lint or linen should always be kept handy in case of sudden need.*

DIARRHŒA.

More children die of diarrhœa than from any other disease. It is the most frequent and dangerous of all infantile maladies, for which reason it should never be neglected.

It is caused by improper food, teething, overfeeding, chill, and, in the case of a child at the breast, by the mother being out of health from eating unsuitable food.

If the case is severe and continuous, medical advice should be taken.

The best medicine for the disease is castor oil; and the child should be given to drink plenty of warm, not tepid, water. These remedies refer, of course, only to children that are not at the breast. The best cure for these is for the mother

to take a proper and wholesome diet, eschewing such food as cabbage, greens, raw fruit or beer.

We might here point out the beneficial results derived from a judicious use of Steedman's Powders, the action of which on the bowels is such that all impurities are carried away, thus diminishing, to a very considerable extent, the danger to be dreaded from diarrhœa.

DIPHTHERIA.

This is a most terrible infantile disease, requiring the *immediate* attention of the doctor as soon as the symptoms demonstrate themselves. The disease is so severe that no attempt should be made to treat it without a medical man. The child will at first be heavy, complaining of headache, principally over the eyes; this will be accompanied with fever, and sometimes delirium at night. There will be a difficulty in swallowing, and the tonsils will be found to be swollen and redder than usual; an exudation will then be noticed in the throat and palate,

which, after a while, gradually grows until a membrane is formed. This membrane, if not got rid of, will eventually suffocate the child.

The patient should be kept in bed for two or three days, or as long as the fever continues, and he should be put on a low diet, such as milk, arrowroot, etc.

Apply to the throat a sponge wrung out of hot water, or hot linseed poultices. These are the first precautions, and the rest must be left to the medical man.

It should be borne in mind that the disease is highly infectious, and the patient should be isolated at once, and kept so until all danger of infection is past.

DISINFECTANTS.

A disinfectant—and there are many excellent ones to choose from—should always be available for use in the nursery or bathroom, and for the rinsing of basins and other vessels. *The bottle, like all other bottles, should be kept out of the reach of small children.*

DRAINS.

Continually flush your drains with water and disinfectants. Should any evil smells be noticed in the house, have the drains *immediately* seen to. Bad drainage is the cause of numerous fatal diseases, especially in children.

DYSENTERY.

Dysentery is a serious disease, not by any means uncommon with children. Diarrhœa, if not promptly attended to, may develop into dysentery, which will be recognised by the motions containing blood, and, indeed, in bad cases, consisting entirely of slime and blood. The doctor should immediately be called in, and the patient ought not to be treated except under his advice. Hot fomentations, however, may be applied to the abdomen, should there be pain in that region, which is more than likely.

EARACHE.

Bathe the ear in a strong decoction of camomile flowers. Pour a few drops of

warm almond oil or glycerine into the ear, and keep it there with cotton wool.

ECZEMA.

Infantile eczema is caused by teething, or giving the children too much meat, or especially too much sugar.

It is a most unpleasant disease, beginning with small pimples round the ears and on the forehead and scalp. These pimples run into each other, forming a nasty looking yellow scab, which is very irritating, causing the child to continually scratch himself.

The disease is not contagious; and, shortly after the patient has cut his first teeth, will in most cases gradually disappear.

No attempt whatever should be made to drive the humour in, as the consequences are dangerous.

Take great care with the child's diet, which should be light but plentiful; and all irritating food must be carefully avoided.

Bathe with oatmeal (not soap) and warm water, anoint with benzoated zinc ointment and keep very clean.

Be especially careful to keep the bowels open, and thus avoid a tendency to feverishness, which much aggravates eczema.

Steedman's Powders will be found very useful for this purpose.

Cod liver oil or an emulsion should be given as the eruption gets better, and steel wine mixed with the oil is often beneficial.

EMETICS.

Emetics are most necessary to induce vomiting in cases where poison has been taken, or for other reasons. A simple emetic is mustard and water, or salt and tepid water. Greasy tepid water also induces sickness. Weak ipecacuanha wine and water is another good emetic.

EYES (SORE).

Shade from the light; bathe with tepid water; consult an oculist.

A small affection of the eyes is apt to develop dangerously. Sore eyes, often

induced by weakness of the system, can in such cases be cured by the administering of tonics and by change of air.

FAINTING.

Loosen the dress at the throat, sprinkle the face with cold water, and let the patient have plenty of fresh air.

Keep the head low.

FALLS (*see* CONCUSSION).

Children pass most of their time in falling down and picking themselves up again, without any serious consequences. But should a child fall on his head and be stunned, send for a medical man. Pending his arrival, lay the child flat on its back, loosen the dress at the throat, and sprinkle cold water on the face, keeping the child as quiet as possible.

N.B.—Never permit a child to carry scissors or any dangerous instruments. A fall with them in the hand may result in an accident beyond all remedy.

FEVERISH HEAT, GIDDINESS, &c.

These symptoms are usually caused by improper diet, chill or teething. The tongue is white, the lips parched, and the breathing quicker.

An excellent remedy will be found in Steedman's Powders, which cool the blood, and keep the bowels regular. The child should, at the same time, be kept on a milk and farinaceous diet.

GERMAN MEASLES,

although a distinct disease, is like a mild attack of measles; it also, in some cases, resembles a mild form of scarlet fever. For these reasons it is likely to cause considerable anxiety until the doctor can give his opinion. The treatment should be the same as in measles. Isolate the patient, and keep him warm; and if the case is severe, put him to bed, and feed the same as in measles. A mild aperient should be administered, and Steedman's Powders will be found all that can be desired.

GUMBOILS

generally proceed from a decayed tooth, and are often accompanied by the stomach being out of order. Hot fomentations of poppy-heads should be applied, and sometimes it will be found necessary to lance the gum. The decayed tooth should be removed as soon as the gumboil is dispersed. *Steedman's Powders will be found highly beneficial to rectify the condition of the stomach.*

HEADACHE.

Headache in children is often caused by excitement and over-fatigue; this is particularly so if the child is not strong. Children who are growing rapidly are often subject to headaches. The patient should be fed up well, given a tonic, and plenty of fresh air.

As with older people, headache in children often proceeds from the stomach, *in which case Steedman's Powders will be found a most efficacious remedy.*

HICCOUGH.

To stop this unpleasant affection, hold the breath, or drink a little water while the nose is held. If the trouble is persistent, the doctor's advice should be taken.

HOOPING COUGH.

This is certainly one of the most trying diseases to which a child is subject. It commences as a common cough or cold, which increases in intensity for ten days or a fortnight, at which time the "hoop" is heard.

The cough comes on in paroxysms, and is accompanied by sickness.

For the first ten days, confine the patient to the house, taking care that the rooms are well ventilated. The diet should be simple.

Rub the spine and chest night and morning with soap liniment, and let the child wear a broad band of flannel round his chest and stomach.

After about a month or six weeks, when the "hoop" has disappeared,

there is nothing like change of air to the seaside or to a high and dry neighbourhood. And the child should live out of doors as much as possible.

Hooping cough is infectious.

INFLUENZA.

An infectious disease, generally occurring in epidemics, and of late years very much on the increase.

The symptoms are pains in the limbs, headache, chilliness, high fever, prostration and debility.

Put the child to bed, *and keep him there*, and certainly call in the doctor.

If he has a sore throat, poultices must be applied; and in any case it is a good thing to rub the chest with soap liniment.

Feed the little patient on milk and farinaceous food at first; and later on with mutton broth, beef tea, etc.

If he has a hard, dry cough, give him 10 or 15 drops of ipecacuanha wine every three hours.

Tonics should be given when convalescent, and a change of air is desirable.

ITCH.

This complaint is caused by small insects, which burrow beneath the skin and travel along just under the surface, causing intolerable itching.

Wash the part affected with hot water and soft soap, rubbing the soap well in with a flesh brush. Anoint with sulphur ointment and keep clean.

The itch is very contagious.

LICE.

To remove these troublesome parasites, to which everyone is exposed through infection, first cut the child's hair short, and then rub the head with white precipitate ointment; leave the ointment on for a couple of hours, and then wash the head thoroughly with soap and water.

MEASLES.

When sickening for measles, the patient suffers from cold in the head, running at the nose, soreness of the eyes, drowsiness, headache, difficulty of breathing, and a hoarse ringing cough. He at first feels cold, then hot.

These symptoms will continue for three days, when the eruption (which lasts four days) will appear; first, as a rule, on the face and neck, then on the body and arms, and finally on the legs. The eruption consists of crescent-shaped patches, which are reddish in colour, and slightly raised above the surface of the skin. The eyelids are often much swollen.

A doctor should be sent for, and the child put to bed and not allowed to leave the room. He must not be exposed to draughts, but the apartment must be kept ventilated with a temperature 65° F.

Feed the patient for the first few days on milk and water, arrowroot, barley-water, gruel, bread and butter, etc. If the breathing is short, and there is great wheezing, give him, every few hours, a teaspoonful of ipecacuanha wine mixed with a little sugar and water.

When the child is convalescent, he can be given rice puddings, batter puddings, and plenty of milk, etc., and a little later on, mutton chops, broth, chicken, fish, etc.; and a tonic is advisable.

He must not be allowed out of the house for a month, while he and his attendant should be isolated 40 days.

MUMPS.

Mumps, which is a highly contagious disease, is the inflammation of the gland under the ear. It is, as a rule, attended at the commencement with slight fever. In a short time a hard swelling will be noticed before and under the ear, extending along the neck towards the chin. It is extremely painful, and will continue in this condition for about five days, when it will gradually disappear. The swelling of mumps never gathers, and it is not a dangerous disease; at the same time, complications may occur, so if the swelling does not yield to treatment, a medical man should be sent for without further delay.

Keep the child in a warm room, and apply a linseed poultice every night, and, during the day, foment the gland with a hot flannel dipped in a decoction of poppy-heads and camomile.

For a few days feed the child only on farinaceous food and milk, and give him no meat or broth.

Keep the bowels open with Steedman's Powders.

MUTTON BROTH.

Cut one pound of scrag end of mutton into small pieces, and place in a saucepan with one quart of cold water and a little salt; bring to a boil and skim well. Add a dessert-spoonful of pearl barley, and simmer for three hours. Chopped parsley, onions, and other vegetables, can be added with advantage to the flavour of the broth, but young children generally prefer it without these additions. While simmering, the broth should be constantly skimmed to remove all grease.

NETTLE RASH.

This malady is caused by teething, a chill, or indigestion.

The body is marked by patches of red or white, which greatly resemble the spots caused by the sting of a nettle, and are extremely irritable. The eruption is

often preceded by drowsiness, severe fever and vomiting, which pass away, except that a slight fever remains, as soon as the patches appear.

If the rash is caused by teething the gums should be lanced. And, in any case, a strong aperient should be administered, and starch powder applied to the spots. All indigestible and irritating food should be carefully avoided. *Steedman's Powders will be found highly efficacious.*

NOSE BLEEDING.

Unless the bleeding is very severe, it is as well to let it take its course; for in most cases it will stop of its own accord.

If it is found necessary to stop the bleeding, hold the nose firmly between the finger and thumb. This often has a good effect. Another remedy is to bathe the head, face, and neck in very cold water.

Putting a large door key (quite cold) down the back is an old-fashioned but effectual remedy.

If none of the above suggestions are successful, apply a lump of ice to the nape

of the neck; and if this treatment does not soon succeed, send for a doctor.

NOSE (GROWTH IN THE).

If you notice that a child goes about with his mouth open, and has a difficulty in breathing with his mouth shut, it is advisable to have him examined by a doctor.

The trouble is frequently caused by a growth in the nose. Snoring at night is another symptom of this affection.

PIMPLES.

Young people are subject to pimples on the face and neck.

The best remedies for this unsightly and irritating trouble are fresh air and exercise, plain and wholesome food, and, if possible, sea bathing.

Great attention should be paid to the bowels. *Steedman's Powders will be specially suitable, as they quickly carry all impurities from the system.*

The affected parts should also be washed every morning with salt and water.

POISONING.

As soon as it is discovered that a child has taken poison, send for a medical man in the first instance, and, in the second, endeavour to produce immediate vomiting. Tickle the throat with a feather or with your finger, and administer a mustard emetic (*see* Emetics, page 28).

Keep the child awake by every means in your power. Walk him about, dash water in his face, slap him, and pinch him.

Remember—if he sleeps, the chances are that he will not wake again.

N.B.—All poisons should not only be kept out of the reach of children, but should be locked up in a receptacle reserved entirely for that purpose.

POULTICES.

LINSEED.—Pour about half-a-pint of boiling water into a basin that has been previously warmed. Drop the linseed meal slowly into the basin, stirring the while with a spoon; when sufficiently thick and well mixed, pour the mixture into a piece of clean linen rag; spread it

out with a large knife, and then turn up the edges of the rag. The linseed should be a quarter of an inch thick. Cover with a little sweet oil to prevent it from sticking.

MUSTARD.—To make an efficacious mustard poultice, all that need be done is to add mustard in such proportions as may be required to the linseed poultice given above. Mix the mustard thoroughly well with the linseed.

BREAD.—Poultices are made in the same way as the linseed, only coarsely crumbled bread is used instead of the meal.

RICKETS.

There are various degrees of rickets, the hunch-backed being the worst. Knock-knees, chicken-breasts, weak ankle, round shoulders, bowed legs and large wrist joints, are all forms, though mild, of rickets.

Rickets is owing to the want of sufficient earthy matter in the bones, so that they bend and cause deformity. And rickety children, if not carefully watched and

attended to, frequently die of an affection of the lungs when they become youths.

The proper general treatment for the disease can be summed up in a few words. Let the child live liberally. Give him plenty of good milk—a quart or three pints a day if he will take it. Give him tender rump steak cut very fine, and mixed with bread crumbs and the gravy from the meat. Let him have rice puddings, suet puddings, bread and milk puddings; in fact, give him everything that is nourishing and wholesome, and nothing that is indigestible.

Give him fresh air, and plenty of it. Let him live in the open when the weather permits. Sea-bathing and sea air are invaluable.

With your hand rub his back and limbs for half-an-hour every night and morning; and give him a teaspoonful of cod-liver oil and a teaspoonful of steel wine mixed, twice or three times a day—one hour after a meal. Give him also a tablespoonful of lime-water in each teacupful of milk.

RINGWORM.

As this is a very contagious complaint, great care should be taken to use separate towels, etc., for the patient, who should also sleep alone. And the bed clothes should be washed with a disinfectant.

Wash the place affected with iodine or a solution of sulphurous acid. Keep it as clean as possible, and apply a weak ointment of oleate of mercury. If the child is out of health, feed him up well, and give him an emulsion of cod-liver oil.

SCALDS (*see* BURNS).

SCARLET FEVER or SCARLATINA.

These two diseases are the same, although the term Scarlatina is often applied to a mild form of the illness. Scarlet fever is a dangerous disease, both to young and old, and should never be treated without the aid of the doctor. It is dangerous not only in itself, but on account of complications that may arise. The symptoms are shivering, sore throat, vomiting, headache, and diarrhœa. The

patient should be immediately isolated, when the eruption will appear in 24 hours. In the meantime, of course, the doctor has been in attendance. The patient should be put to bed, and kept there until the skin has peeled. The room should be warm, and as long as the fever lasts the diet should be milk with barley water, and, perhaps, a little chicken broth or beef-tea. The food must also be light during convalescence. When the patient leaves his bed he should be taken to another room and washed in a warm bath containing a strong antiseptic. He must be dressed in new clothes, and his old garments burnt. We are now assuming a mild and simple case. Where there are complications, the treatment must necessarily be regulated by the doctor.

SCROFULA.

This is quite a different complaint to Eczema. But the treatment generally is the same. It is imperative to call in a doctor.

SCURFY HEAD.

If a child's head is scurfy, do not comb the hair, which is apt to scratch and irritate the scalp, but brush gently.

After washing the head thoroughly, dry it, and rub a little glycerine or sweet oil into the roots of the hair.

SHIVERING FITS.

If your child has a shivering fit, send immediately for a medical man.

Nearly all serious illnesses commence with this symptom.

Place the patient in a bed that you have already warmed, apply a hot bottle to his feet, and put extra blankets on the bed.

Give him neither stimulants nor opening medicines, but a cup of hot tea. Keep him warm until the arrival of the doctor.

It is possible that the fit may pass off without any serious consequences, but, in nine cases out of ten, it is but a prelude to something far worse.

SORE THROAT.

Use a chlorate of potash gargle, and rub externally with hartshorn and oil, and be very careful not to expose the patient to cold.

As a child, however, often finds it impossible to gargle, black currant lozenges should be given him to suck.

Sore throats are often the result of lowness in tone, so the child should be fed up and be given a tonic—extract of malt or cod liver oil.

STINGS.

If the child is stung by a wasp or bee, first of all extract the sting with a small pair of pincers, or by pressing the hollow end of the barrel of a key over the wound.

Then apply a few drops of sal volatile to the spot. Moistened tobacco, well rubbed in, is an excellent remedy, as is fresh butter.

Should there be inflammation, poultice with hot bread poultices until the inflammation subsides.

STOMACH ACHE

in very young children is often caused by wind, and can be relieved by a teaspoonful of peppermint water with two of hot water, or dill water, in the same proportion, or even by a little warm water and sugar.

STYE IN THE EYE.

Bathe with warm water during the day, and apply a bread and milk poultice at night. This will soon draw the sore to a head, when the matter will be discharged.

Should the stye be caused by poorness of blood, feed up the child, and give him a tonic.

If the child be full-blooded and fat, let him be kept on a farinaceous diet for a few days.

TEETHING.

Dentition is the longest and most difficult operation through which a child has to pass. It is also the most critical.

As a rule a baby begins to cut his teeth when about seven months old, but there are many instances when it commences much earlier.

The first set consist of 20 teeth, which are generally all cut by the time that the child is two-and-a-half years of age.

In case the gums are hot and swollen, and the tooth near the surface, lancing the gums is a most effectual remedy. The operation causes but little pain; and the relief is, in most cases, almost magical.

It is a bad practice to give the baby a hard substance to suck, as it tends to harden the gums; but a ring of india-rubber or some such soft material is of great service.

If a child wishes to suck his thumb, let him. It is by no means a pretty practice, but it is a relief to him, and is perfectly harmless, inasmuch as it is impossible for him to swallow his thumb and so choke himself.

Teething is an operation liable to cause very alarming developments, the more usual of which will be found treated under separate headings—as Convulsions, Child Crowing, etc.

The period of teething is also a time when, owing to general disturbance of the system, the child is particularly liable

to the attack of any other illness. It is, therefore, of great importance to pay attention to the state of health.

Keep the bowels well open and as regular as possible. This, more than anything else, will lessen the danger of inflammation and its attendant perils.

For this purpose there is no more safe and effectual means than a judicious use of Steedman's Powders. They correct those irregularities which, if neglected, are so frequently followed by convulsions; and they carry off all impurities from the system.

It is also most essential that the greatest attention should be paid to the child's diet, and that he should be kept warm. Always clothe him in flannel.

THRUSH.

Improper food and overfeeding are the chief causes of this malady, which consists of small white blisters on the lips, the tongue, and inside the mouth.

The mouth itself is so painful and hot that the child is afraid to suck, and begins to cry when touched by the nipple.

If the child has been weaned, very fresh warm milk (from the same cow, if possible) is the best diet.

Smear the parts affected with honey of borax, or rinse the mouth with a mixture of three grains of chlorate of potash in a wine-glass full of water.

Thorough ventilation of the nursery is necessary, and in a bad case, change of air is desirable.

In severe cases consult a medical man.

WORMS.

Worms, to which children are much subject, are generally caused by improper food, such as unripe fruit, underdone beef or pork, especially the latter, and by the fact that parents often omit to give their children salt.

The symptoms of worms are—grinding the teeth at night and uneasy sleep, unusual appetite, picking the nose, offensive breath, etc.

For this complaint the best remedy is Faulconer's Worm Powders. The directions given with each packet must be carefully followed.

DIRECTIONS

FOR TAKING

STEEDMAN'S SOOTHING POWDERS.

When a child is about six months old, if symptoms exist which show medicine to be necessary, one powder to be given every night in a little moist sugar, until healthy motions are obtained, or the urgent symptoms abate; half a powder from three to six months, and a third of a powder from one to three months.

The best plan with very young infants is to make the powder, when mixed with the sugar, into a paste, with a drop of water, put it on the end of the forefinger, and place on the back part of the tongue, when the child will have no power to spit it out, and it must go down; and unless the whole powder gets into the stomach it cannot have the proper effect.

If the infant is in perfect health, and the motions are of a natural yellow colour,

the medicine will not be necessary. But at all times when the stools are pale and unnatural, one powder must be given every or every other night, at the discretion of the nurse or mother.

As the child advances in years, the same dose (one powder only every night) must be repeated, and no more; as it will always be found sufficient for the healthy regulation of the constitution.

These powders will be found serviceable to children after the period of teething is finished, and one may be taken with advantage for three or four nights successively at any time when the child complains of being poorly, accompanied with loss of appetite and debility, *even to the age of ten or twelve years.*

STEEDMAN'S SOOTHING POWDERS

are prepared by

JOHN STEEDMAN & Co.,

272, Walworth Road, London, England,

and sold in Packets at 1s. 1½d. and 2s. 9d. each, by all Chemists and Medicine Vendors in the Kingdom.

IMPORTANT NOTICE.

Steedman's Soothing Powders have been in use over 100 years.

CAUTION.

Owing to the success of STEEDMAN'S SOOTHING POWDERS in the treatment of the minor complaints of children, there have been many imitations of this valuable medicine. It is therefore necessary, when purchasing, to observe that the name Steedman is always spelt with EE, and pronounced as it is spelt.

N.B.—It is particularly to be observed that no other Medicine be given while using these powders.

The following letter has been received from Necambalala, East Griqualand, South Africa.

I thought it might interest you to hear of the very good results I have always obtained from using Steedman's Soothing Powders. With regard to my own four children, the eldest of whom is 7 years, and the youngest 6 months :— They are very healthy, and I have used your powders for each of them from the age of a few weeks, and I still continue to do so whenever they seem out of sorts, with every success.

Living as I do in a trading station in the midst of natives, I very often have little Kaffir children brought to me suffering from various childish ailments, and I invariably dose them with Steedman's, which have never failed. The Chief sent his grandson to me and, after I had cured him, he sent his infant son ; an old Kaffir doctor also brought his grandchild, and Steedman's cured them all in a very short time.

These are only a few instances, as I constantly have native children brought to me to be dosed with the wonderful white powder.

My mother also used your powders with every success, so they are very old friends of mine, and I would not be without them for anything. They are cheap at any price, for we live many miles from a doctor, and I recommend them wherever I go.

FACSIMILE OF POWDER WRAPPER

OBSERVE! *Prepared only by* JOHN STEEDMAN & CO.
WALWORTH, SURREY. MADE IN ENGLAND.

Steedman's Soothing Powder.

DOSE:—From one to three months, the third of a Powder; from three to six months, half a Powder; from six months and above that age, ONE POWDER ONLY AND NO MORE. For further particulars, read the large bill of directions.

7, Prospect Place,
Tottenham.

Gentlemen,

I thought you might like to see my little girl's photo. She is just three years old. Since she was a baby of four months I have given her Steedman's Powders; and I always found them not only cooling, but cleansing and refreshing. I used to give them on the same day each week, and if I happened to miss, she was cross and fretful. She cut all her teeth without my knowing, thanks to those priceless powders.

I am, yours truly,
HILDA BERRY.

Little Phyllis Berry

HAPPY C

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Mrs. W. T. Bishop,
Welland. Ontario.

RS FOR CHILDREN

Little Joan Olney

43, Grosvenor Road,
Lower Edmonton,
N. 9.

Dear Sirs,

I am enclosing photograph of my daughter Joan, aged six months.

I am pleased to say that she cut two teeth before she was six months old, without any trouble whatever, and turned the scale at eighteen pounds when five months old, and I honestly believe that her good progress and fine condition are due to your powders which I have been giving her regularly since she was two months old.

Faithfully yours,
V. A. OLNEY.

Memoranda.

Memoranda.

Memoranda.

Memoranda.

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